

Claims

What is claimed is:

- 5 1. An exercise device having a load comprising:
at least one arm assembly operably attached to said load;
a handle assembly operably attached to said arm assembly;
said handle assembly rotating with respect to said arm assembly about a
first axis of rotation; and
10 said handle assembly pivoting in at least one orthogonal direction with
respect to said first axis of rotation.
- 15 2. The exercise device as claimed in claim 1, wherein said at least one
orthogonal direction is two different orthogonal directions with respect to said first axis
of rotation.
- 20 3. The exercise device as claimed in claim 1, wherein said handle assembly
further comprises a base member and a cylindrical grasping member rotatably connected
to said base member, said cylindrical grasping member rotating about a second rotation
axis.
- 25 4. An exercise device having a load wherein the primary movement is a
pulling motion to actuate the load, comprising:
at least one arm assembly for actuating the load;
a handle assembly operably attached to said arm assembly for grasping to
actuate the load;
said handle rotating with respect to said arm assembly about a first
rotation axis;
said handle pivoting about a first and a second pivot axis, said first pivot
30 axis positioned orthogonal to said first rotation axis and said second pivot axis orthogonal
to both said first rotation axis and said first pivot axis.

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5. An exercise machine as defined in claim 3, further comprising a third pivot axis, said ~~third~~ pivot axis being parallel to said first pivot axis.

5 6. An exercise device handle assembly for use in combination with an exercise machine having a load and an arm assembly operably connected to said load, said handle assembly comprising:

a handle member;

a first axle pivotally connected to said handle member;

10 a second axle pivotally connected to said first axle and rotatably connected to said arm assembly.

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